

## Practice Ladder Safety

- Always face the ladder when climbing it. Maintain 3 point contact. Use a tool belt or hoist to lift tools.
- Don't over reach! Take time to reposition the ladder.
- When working on ladders on elevated porches and balconies, remember a fall could send you all the way to the ground.
- Don't place ladders in front of doors without blocking the door.

## Maintain Ladders

Change shoes regularly. Lubricate metal bearings, locks, pulleys.

## Train Your Workers

Though used every day, ladders are often taken for granted. They are a major cause of injury. Make sure your workers understand and follow safe work procedures.

## Follow OSHA Regulations

OSHA standards are a basis for safe work work practices. Complying with them could save your life.

Portable Ladder Standards:  
CFR 29, 1926.1053-.1060

## Additional Information

Contact the Massachusetts Fatality Assessment and Control Evaluation Project (MA FACE) or the Occupational Safety and Health Administration (OSHA)

### MA FACE Project

Occupational Health Surveillance Program  
Massachusetts Department of Public Health  
250 Washington Street  
Boston, MA 02108-4603  
(617) 624-5627

### OSHA Consultation Program

Mass. Department of Labor and Workforce Development, Division of Occupational Safety  
(617) 969-7177

### OSHA Regional Office

JFK Federal Building - Room E340  
Boston, MA 02203  
(617) 565-9860

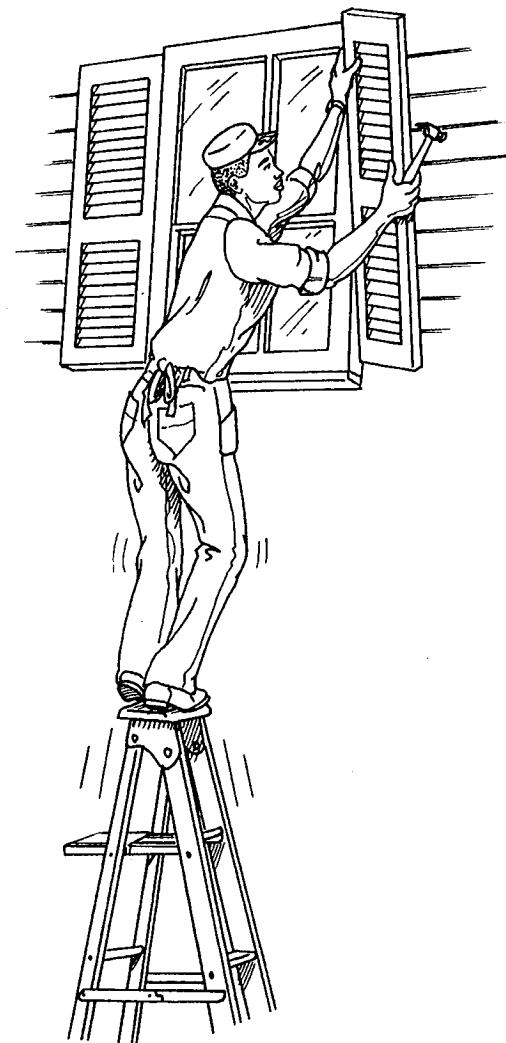
FACE is an occupational injury prevention project conducted by the Massachusetts Department of Public Health; it is not responsible for enforcement of safety standards. FACE investigates workplace fatalities with the aim of identifying risk factors that lead to fatal injury.

The FACE Project is funded by the National Institute for Occupational Safety and Health (NIOSH).

Many thanks to the contractors and others who helped develop this brochure.

# LADDER SAFETY

## For Residential Construction Contractors



Massachusetts Department of Public Health  
Fatality Assessment and Control Evaluation Project  
(FACE)

## Improper ladder use: a leading cause of fatal falls in construction

A 62 year old general contractor fell 20 feet while installing exterior molding from a second floor porch of a new home. The contractor was working from a 7 foot step ladder, and apparently lost his balance. His workers found him lying on the ground with the ladder on top of him. He died that night.



An extension ladder collapse sent a 37 year old plumber 20 feet to his death. The plumber was coming down the ladder after inspecting a rooftop ventilation system. The rung locks failed to grip properly, and the ladder collapsed.



A 29 year old carpenter was electrocuted when the aluminum ladder he was carrying contacted an overhead power line. The carpenter was moving the 40 foot ladder from the front of a three family residence when it contacted the power line, 24 feet above the ground.

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**Powerlines are everywhere!**  
**Beware of electrocution when using ladders near them.**

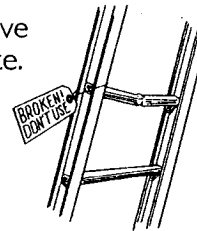
## Ladder Safety Tips

### Plan Ahead

- Get the right size ladder for the job. Check the duty rating.
- Make sure the work can be done safely from a ladder. If not, use a scaffold.
- Call the electric company for assistance if working near power lines.

### Inspect Ladders Before Using

- Check for loose, cracked or greasy rungs, split side rails and worn shoes. Make sure the rung locks are in working order.
- Tag and remove defective ladders from the job site.

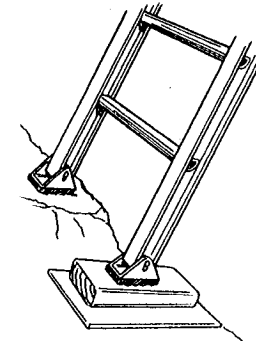


### Use Ladders Only As Recommended by Manufacturer

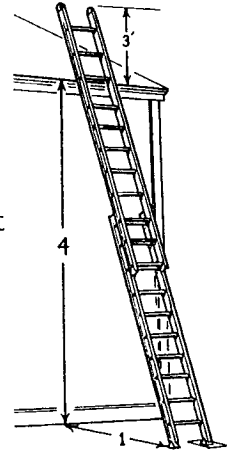
- Don't use a ladder in a horizontal position as a scaffold.
- One person on the ladder at a time.
- Don't overload. Ladders can only carry up to 250-300 lbs (type I or IA), including materials and a person.
- Don't work from the top rungs of an extension ladder, or the top of a step ladder. Don't work from a closed step ladder.

### Stabilize Ladders

- Set base on secure, even surface.



- Set the base at a horizontal distance of 1 foot for every 4 feet in height.
- Use ladder stabilizers.
- Foot the ladder if securing the base is not possible.



- When accessing a porch or roof, extend ladder siderails 3 feet above landing. For maximum stability, tie ladder to gutter anchor, porch railing, or other anchor.

